

POOL SCHEDULE FALL 2026

August 31 - September 6

	Monday Aug 31st		Tuesday Sep 1st		Wednesday Sep 2nd		Thursday Sep 3rd		Friday Sep 4th		Saturday Sep 5th		Sunday Sep 6th	
	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool	Leisure Pool	Lap Pool
6:00 AM														
6:15 AM														
6:30 AM														
6:45 AM														
7:00 AM			Leisure Swim	Lap Swim	Leisure Swim	Lap Swim	Leisure Swim	Lap Swim	Leisure Swim	Lap Swim				
7:15 AM	Leisure Swim	Lap Swim	6:00a - 8:25a	6:00a - 8:25a	6:00a - 8:25a	6:00a - 8:25a	6:00a - 8:25a	6:00a - 8:25a	6:00a - 8:25a	6:00a - 8:25a				
7:30 AM														
7:45 AM														
8:00 AM														
8:15 AM														
8:30 AM											Leisure Swim	Lap Swim		
8:45 AM			Deep Aquafit	8:30a - 9:15a	Deep Aquafit	8:30a - 9:15a	Deep Aquafit	8:30a - 9:15a	Deep Aquafit	8:30a - 9:15a	8:00a - 9:10a	8:00a - 9:10a		
9:00 AM														
9:15 AM	Combo Aquafit	9:00a - 9:45a												
9:30 AM			Shallow Aquafit	9:15a - 10:00a	Shallow Aquafit	9:15a - 10:00a	Shallow Aquafit	9:15a - 10:00a	Shallow Aquafit	9:15a - 10:00a	Combo Aquafit	9:15a - 10:10a		
9:45 AM														
10:00 AM														
10:15 AM			Leisure Swim	Lap Swim										
10:30 AM			10:15a - 11:55a	10:15a - 11:55a										
10:45 AM														
11:00 AM														
11:15 AM														
11:30 AM														
11:45 AM														
12:00 PM														
12:15 PM														
12:30 PM			H2O HITT	12:00p -12:45p 1 Lap Lane Available										
12:45 PM														
1:00 PM														
1:15 PM														
1:30 PM														
1:45 PM														
2:00 PM														
2:15 PM														
2:30 PM														
2:45 PM														
3:00 PM														
3:15 PM														
3:30 PM	Lap Swim	Leisure Swim												
3:45 PM	9:50a - 9:25p	9:50a - 9:25p												
4:00 PM			Leisure Swim	Lap Swim	Leisure Swim	Lap Swim	Leisure Swim	Lap Swim						
4:15 PM			12:50p - 7:25p	12:50p - 7:25p	10:15a - 9:25p	10:15a - 9:25p	10:05a - 9:25p		Staff Training					
4:30 PM									3:00p - 5:30p					
4:45 PM									2 Lanes Avail.				Family Swim	4:00p - 5:25p
5:00 PM														
5:15 PM														
5:30 PM														
5:45 PM														
6:00 PM														
6:15 PM									Leisure Swim	Lap Swim				
6:30 PM									5:30p - 6:25p	5:30p - 6:25p				
6:45 PM														
7:00 PM														
7:15 PM														
7:30 PM														
7:45 PM			Fit Together	7:30p - 8:30p										
8:00 PM														
8:15 PM														
8:30 PM														
8:45 PM			Leisure Swim	Shared Space				Shared Space						
9:00 PM			8:35p - 9:25p	8:35p - 9:25p				8:10p - 9:25p						
9:15 PM														
9:30 PM														

NOTE:

Parents must be within arms reach in the pool following these ratios:

Children 5 years old and younger: 1:2

Children 6 & 7: 1:4

Children 8-11: 1:10

NOTE:

Children who do not meet the height requirement of 1.3M at the shoulder will be required to wear a PFD. A swim test may be asked of any person using the pool. The Lifeguard has final authority.

Aquafit - No Lap/Leisure Swim Available	Leisure Pool Available/All Lanes in for Lap Swim	Swim Lessons - No Lap/Leisure Swim Available	Shared Space Rec & Lessons - 2 Lanes open for Recreational Swim	Shared Space Lap & Lessons - 1 - 2 Lanes open for Lap Swim	Shared Space - 2 Lanes open for Lap Swim & 3 Lanes for Recreational Swimming/Lessons	Family Swim - Waterslide May be Open *Subject to change based on staffing*
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* Please note that during lap swim times, a lane may be booked for Hydrotherapy or Aquatic Personal Training - For more information on these programs, please see the Sports Desk *